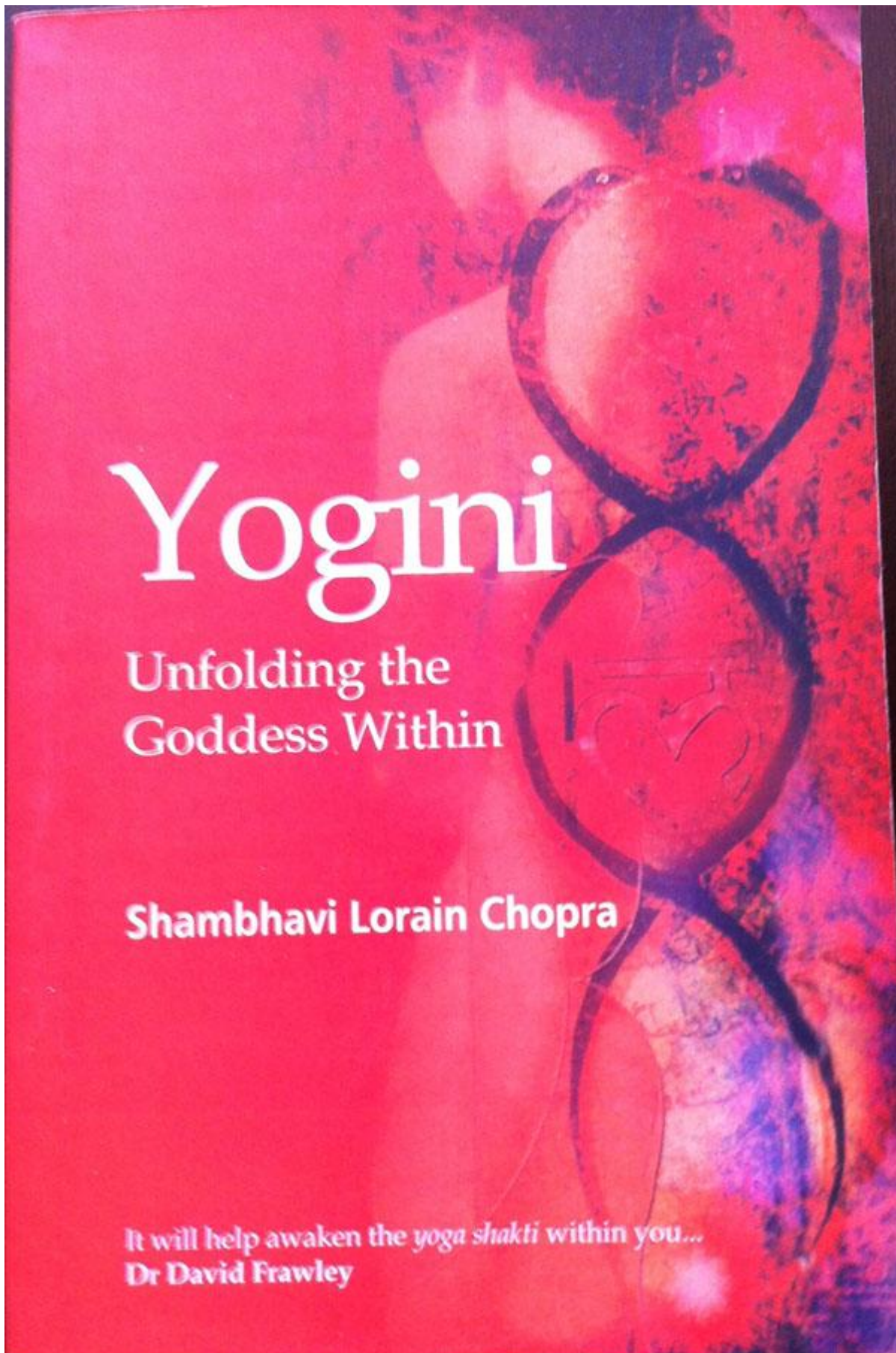


Yogini: unfolding the goddess within, by Shambhavi Chopra | book review

February 2, 2016 by [amit](#)



“**yogini: unfolding the goddess within**” book is written by shambhavi chopra. but the actual force behind this book is the divine grace which has helped shambhavi in her inner journey. one of her close friends suggested her to write her spiritual experiences and share it with the world. as it would help many seekers. i feel it was an excellent advice given to her by her friend.

the book shares shambhavi’s journey towards the divine. how she was helped at different stages by divine forces. how she was protected in difficult times, guided by goddesses to certain places and people and her experiences with deities and divine beings.

at first reading, you might call this book a gibberish or exaggeration. you might bring your mind in between and say how this is possible in this scientific age. actually this is what i did 6 years ago when i read this book. i could not read the book completely and put it back in my book-shelf.

you need some spiritual experiences of your own to understand and relate with this book. it took me another 6 years to come to that level. the book should not be read from the mind but from the heart. keep your mind and logic aside while reading this book. just like one does when one reads poetry. the book is also written in an poetic language. on the path of devotion heart is the key and not logic

it is difficult in kaliyuga to believe that lord shiva can give you darshan in the current time or goddess shakti will come in your bedroom in some of her forms, in her own ways. but all these things happens to devotees and to people who tread the path of devotion. this is a book for seekers who are walking on the path and not for a curious mind.



pandit vamadeva shastri, sri sri ravi shankar and shambhavi chopra

the book shares the personal experiences of shambhavi and does not share much insights on the spiritual methods and techniques. i am sure she must be having many. it would have been great, if she had also given these insights in the book.

if you are going through a phase where the boundary between the mind and no-mind becomes hazy. and you don't know what is happening with you in your sadhana or last night your deity appeared in your dream and taught you some sadhana... then read this book. it will help you in giving confidence to trust your experiences. otherwise mind doubts everything which is subtle or illogical or which comes from the space of no-mind.

Yogini: *Unfolding the Goddess Within* is a unique record of personal experiences that portray in its various fascinating episodes the secrets of the magical world of *Tantra*. It shows how the gods and goddesses can manifest themselves within our daily lives, taking us from the mundane to the sublime and making our days and nights a dance of wonder and delight.

"*Yogini* will transform your idea of *Tantra* and allow you to experience its full flowering and effulgence woven in the tapestry of life. It will help awaken the *yoga shakti* within you, which will take you on an inner journey to realms unknown, unpredictable, magical and sublime."

Dr David Frawley,
author of *Tantric Yoga* and *Yoga and the Sacred Fire*

"The simple grace of Shambhavi's intense and intimately personal experiences narrated in this book are divine symbols of life. Her book is a rhythm that scintillates the inner steppes of the mind, brimming with light. Shambhavi's striving ripens as the heart-work of consciousness."

Prof. Lokesh Chandra



various temples and holy
inspiration for the reader and

Shambhavi has delved into the inner world of *Tantra* and yoga over the past 15 years. Her remarkable experiences and insights are woven into this, her first book, which is a veritable biography of the soul in its search for the Divine energy hidden in the Universe. Her inner and goddesses at

a source of great



wisdom tree
www.wisdomtreeindia.com

NURTURE MORE TREES, NOURISH MORE LIVES



back

cover of the book

different experiences happen to different people. so no need to compare and judge other person's experiences with yours. because we all are unique and have walked on different paths in many life times. so your experience is going to be different than other peoples' experiences.

i like this book and recommend it to people who are on devotional path or regularly pray to deities to invoke their blessings.

more info about shambhavi chopra:

1. she has also written one more book “yogic secrets of the dark goddess”. link to [yogini shambhavi's facebook page](#). like the page to get nice updates on spiritual topics.

2. she is a spiritual guide and educator of ancient vedic traditions. [the american institute of vedic studies](#) is a web-based educational center. it is run by yogini shambhavi and her husband vedacharya david frawley (pandit vamadeva shastri) who is a known for his knowledge about ayurveda, yoga, vedanta and vedic astrology. he has authored many books on these topics.

Filed Under: [book reviews](#)